



Suggestions for Increasing Calories and Protein

- ◆ Several small meals a day are easier to eat and digest than three large ones. Space meals around 2 to 3 hours apart to maximize comfort.
- ◆ Stop eating 2 to 3 hours before bed and sleep with your head elevated if gastric reflux and heartburn are problems.
- ◆ Do not eat your favorite foods if you are feeling poorly; save them for when you feel good!
- ◆ Eat breakfast-type foods at any meal. Eggs are usually easy to eat and are great any time of the day (the same goes for pancakes and waffles).
- ◆ Eat when you feel hungry. Most people have the best appetite in the morning because they have not eaten all night. If this is the best meal for you, then pile on those calories and other nutrients in the morning and at lunch. Then you can have a smaller dinner without losing total calories for the day.
- ◆ Eat leftovers or nutritious snacks in the afternoon and early evening to round off your day.
- ◆ Try homemade or commercially prepared nutritional bars, puddings, and calorie- and protein-rich liquid nutritional supplements.

Benefits of Physical Activity

Talk to your doctor about physical activity. Light or moderate physical activity can help maintain muscle and promote an appetite. Walking around the dining room table if you are unsteady on your feet, walking in the neighborhood, or walking in the local mall are all great opportunities to get up, get out, and get moving.

Recipe Recipe Recipe

Creamy Macaroni and Cheese Casserole

1³/₄ cups uncooked macaroni
1/2 cup mayonnaise
1 can cream of mushroom soup
2 cups cheddar cheese, grated
3/4 cup evaporated milk
1 small jar pimento (if desired)
1/4 cup onion, chopped (if desired)

Preheat oven to 325°F. Cook macaroni and drain. Combine all ingredients in a 2-quart casserole, sprinkling some cheese on top. Bake 30 to 35 minutes.

Makes six servings. Each serving contains 460 calories and 20 grams protein.

Save room in your stomach for calorie-rich food!

Drink most fluids between meals instead of with meals, although it is fine to have a sip to help swallow food at mealtime. Given the limited space in your stomach, fluids (which usually have fewer calories and nutrients than solid food) take up valuable space.

Food Lists

High-Protein Foods

Milk products	Eat cheese on toast or with crackers. Add grated cheddar cheese to baked potatoes, vegetables, soups, noodles, meat, and fruit. Use milk in place of water when cooking cereal and cream soups. Include cream sauces on vegetables and pasta. Add powdered milk to cream soups and mashed potatoes.
Eggs	Keep hard-cooked eggs in the refrigerator. Chop and add to salads, casseroles, soups, and vegetables. Make a quick egg salad. All eggs should be well cooked to avoid the risk of harmful bacteria.
Meats, poultry, and fish	Add leftover cooked meats to soups, casseroles, salads, and omelets. Make dip by mixing diced and flaked meat with sour cream and spices.
Beans, legumes, nuts, and seeds	Sprinkle seeds on desserts such as fruit, ice cream, pudding, and custard. Also serve on vegetables, salads, and pasta. Spread peanut butter on toast and fruit or blend in a milkshake. Add beans and peas to salads, soups, casseroles, and vegetable dishes.

High-Calorie Foods

Butter and margarine	Melt over potatoes, rice, pasta, and cooked vegetables. Stir melted butter or margarine into soups and casseroles and spread on bread for sandwiches before spreading sandwich spread or peanut butter.
Milk products	Add whipping cream to desserts, pancakes, waffles, fruit, and hot chocolate, and fold into soups and casseroles. Add sour cream to baked potatoes and vegetables.
Salad dressings	Use regular, not low-fat or diet, mayonnaise and salad dressing on sandwiches and in dips with vegetables and fruit.
Sweets	Add jelly and honey to bread and crackers. Add jam to fruit and ice cream and as a topping over cake.

Note: The National Cancer Institute (800/4CANCER) and the American Cancer Society (800/234-5ACS) have free educational booklets with tips for increasing calories and other nutrients before, during, and after cancer therapy.